The first page is for the instructor to reproduce and distribute. The second page is a true/false quiz on the material, and the final page is an answer key.

USDA's Guide for Safely Handling and Preparing Eggs

Before You Cook:

- 1. Wash hands, utensils, and equipment and work areas with hot, soapy water before and after they come in contact with eggs and egg-containing foods.
- USDA graded eggs are washed before the egg packer puts them into cartons. Eggs should not be washed at home.
- 3. At home, keep raw eggs in their original carton on an inside shelf in the refrigerator at 40 °F or below. Eggs should be used within 5 weeks of bringing them home.
- 4. Avoid keeping eggs out of the refrigerator for more than 2 hours, including time for preparing and serving (but not cooking).
- 5. Remove only the number of eggs needed from the carton and return the carton to the refrigerator.

When Cooking:

- Whenever possible, use a clean thermometer that measures the internal temperature of cooked foods to make sure the food is cooked all the way through.
- Poach and fry eggs until the white is completely firm and the yolk begins to thicken. Scrambled eggs should be cooked until no visible liquid remains. Fried eggs should be cooked on both sides or in a covered pan.
- 3. If you hard-cook eggs, keep them in the refrigerator whether in the shell or peeled, and use them within 1 week after cooking them. For an egg hunt, the total time for hiding and hunting the eggs must not be more than 2 hours.
- 4. When preparing egg-containing foods such as ice cream, eggnog, mayonnaise, caesar salad, hollandaise sauce, or béarnaise sauce, only use recipes that begin with a cooked stirred custard that registers 160 °F on a food thermometer.
- 5. If a recipe calls for adding raw eggs to a previously cooked dish, the dish must be cooked further until it reaches 160 °F.
- When preparing any recipe that contains eggs, such as cookie dough, resist the temptation to taste-test the mixture during preparation. Egg-containing foods should be thoroughly cooked before eating.
- If hot egg-rich foods are not going to be served immediately after cooking, put the hot foods into shallow containers and refrigerate at once so they cool quickly.

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| 1. | You should use eggs within 7 weeks of bringing them home. |
| 2. | Eggs should not be kept out of the refrigerator for more than 2 hours. |
| 3. | Eggs should be washed with hot, soapy water before using them. |
| 4. | It is okay for the whites to be runny still when serving eggs. |
| 5. | Fried eggs should be cooked on both sides or in a covered pan. |
| 6. | It is okay to eat raw cookie dough, or taste-test batter or other egg dishes before baking. |
| 7. | Hard-cooked eggs should be kept in the refrigerator and used within 1 week after cooking. |
| 8. | The refrigerator should be kept no higher than 40 °F. |

Are you an expert on safely handling and preparing eggs? Take this quiz to find

Answer key:

- 1. FALSE: For best quality, eggs should be used within 5 weeks of bringing them home.
- 2. TRUE
- 3. FALSE: USDA graded eggs are already washed as part of the commercial process.
- 4. FALSE: Eggs should be cooked until the whites are completely firm.
- 5. TRUE
- 6. FALSE: Egg-containing foods should be thoroughly cooked before eating.
- 7. TRUE
- 8. TRUE